

Action Lines

Brandon Gate concerns

I have a concern with the Brandon Gate. It seems that people in the right lane regularly go straight instead of turning. I believe one day someone is going to be hit and I hope it will not be me.

During peak morning hours between 6:30 and 8:30 a.m., the security police open both incoming lanes at the gate to relieve congested traffic on the A1065.

The right lane at the roundabout, not at the gate, is for a right hand turn towards Douglas Avenue only. If a driver entering the base gate in the right lane desires to go

straight, two safe, legal options are:

□ After stopping for the identification check, signal intentions and carefully merge into the left lane prior to entering the roundabout.

□ Stay in the right lane, signal right, keep to the right in the roundabout, and continue all the way around. This final option should only be used as a last resort and cautiously.

Tax-free gas worries

I have a suggestion. Why couldn't we have used the base vehicle pass, 3rd Air Force Form 26, as the authorization to obtain tax-

free gas? I know a lot of vehicle passes are issued to people who are not authorized duty free gas, but we could have done something simple like stamp the reverse with "GAS" or "DUTY FREE GAS." This would insure tighter controls on vehicles authorized duty free gas, because the card would be turned in upon PCS, sale or disposal of the vehicle. It would also mean the card would stay with the car, rather than the person, eliminating the need to issue multiple cards to a family, i.e. military member and spouse.

The British government wanted a document that clearly identified the individual as an authorized purchaser of tax-free gas. The vehicle registration card is registered in the sponsor's name only and the registration card does not fill the require-

ment of clearly identifying all authorized purchasers by name. The "gas ID cards" were the simplest solution that filled all the requirements.

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command and agency channels haven't been able to resolve your concerns, call Ext. 2324, fax (Ext. 5367), e-mail (Action_Line), distribution (48 FW/PA), mail (48 FW/PA, Unit 5210 Box 215 APO AE 09464-0215), or hand carry your Action Line to the public affairs office (Bldg. 1085). You may remain anonymous; however, to receive a reply, leave your name, unit, duty or home phone number and full APO mailing address. Names will be kept confidential.



48th Fighter Wing commander

Our secret to success ... people

Colonel teaches about kindness

I'm writing this letter to share with you an act of kindness I witnessed from a member of your medical team.

Feb. 24, my 6-year-old son, Bryan, had to have his blood drawn for medical tests. He was extremely upset about this. We were in the hallway near the lab where I was attempting to calm Bryan down. He was hysterically crying when Col. William Michels walked by.

Michels approached us and asked if there

was anything he could do. I told him the situation and he began explaining to Bryan what would be done to draw his blood. He told Bryan that if he kept real still, it wouldn't hurt much and would only take about 10 seconds.

Even after this, Bryan was still very frightened. Michels then offered to have his own blood drawn so that Bryan could watch and see that it didn't hurt much at all. Bryan seemed to calm down a bit after that suggestion.

Michels accompanied us to the lab and explained to the technicians the situation. He was so friendly and tried so hard to comfort Bryan. The technician drew Michels' blood, explaining to Bryan exactly what she was doing. After she was done, she gave Michels a sticker and he gave it to Bryan. He told Bryan that when it was all over, the technician would give him another. Michels stood right beside Bryan the whole time, helping me keep him still.

When it was all done, he told Bryan how brave he was.

This kind of thing is very hard for me. My husband is usually the one to take care of situations such as this one. It's hard seeing your children so afraid and in pain.

With my husband on a temporary tour of duty, I was left to take care of this on my own. I don't think we would have been able to get through this without the help and kindness of Michels. He went far beyond the call of duty. Having your blood drawn is not a big deal to an adult. But to a 6-year-old bony whose daddy is away in Turkey, it's a nightmare!

Michels was so sincere and caring. Something that could have been a very bad memory for Bryan turned out to be a very valuable experience. Not only did he learn that having blood drawn isn't all that bad, but he also learned what a true act of kindness is.

I would like to thank Michels for everything he did for my son. Most of all, I would like to thank him for being an example to us all!

Evelyn Sealey

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<http://www.lakenheath.af.mil/jet48.htm>

On the cover

Photo by SrA. Grace Hunt

Carla Betts serves a member of the Lakenheath Village Over 60s Club during a Christmas party sponsored by the enlisted spouses club. For details about their bazaar, see page 8.

MDG commander achieves much during his command

The 48th Fighter Wing says goodbye to Col. Paul Christianson, who is moving on to become the commander of the 377th Medical Group at Kirkland AFB, N.M.

"While he was here, he contributed to the wing's mission in innumerable ways, providing inspirational leadership and energetic concern towards the 48th Medical Group," said Col. Doug Richardson, wing commander.

Christianson achieved great results on the Joint Commission on Accreditation of Healthcare Organizations. The 97 percent score was the highest ever for RAF Laken-

heath and a 15 percent improvement over the last evaluation. He was also instrumental in the flawless deployment of the air transportable hospital to Zagreb, Croatia for combat and peacekeeping operations in Bosnia.

"Under his guidance, the group was not only strengthened internally, but also achieved a new level of professionalism and spirit," Richardson said. "We wish him luck."



Two convicted in courts martial

By Suzanne Lovejoy
Legal assistance volunteer

Two RAF Lakenheath airmen faced court-martials during January and February.

January 28, AB Lawrence Hanlon II, 48th Component Repair Squadron, pled guilty in a general court-martial to charges of fraudulent enlistment, possession, use, production and distribution of marijuana, introduction of marijuana onto an armed forces installation, larceny, sodomy, five specifications of assault, indecent acts and communicating a threat. In accordance with a pretrial agreement, Hanlon was sentenced to seven years confinement and a dishonorable discharge.

During sentencing arguments before military judge Col. James Young, the prosecution team of Capt. Jeanne Meyer, legal office and Capt. T.J. McGrath, circuit trial counsel, described Hanlon's behavior as "a chilling tale of escalating abuse," towards his wife, the victim of most of the non-drug-related charges.

The defense team of Capt. Joel Gonzalez, area defense counsel and Capt. David Castro, circuit defense counsel, offered "no excuses for his misconduct," but asked for mercy due to several other circumstances in Hanlon's life. Hanlon read an unsworn state-

ment apologizing for his conduct and wishing his wife and son the best.

During a one-day special court-martial Feb. 7, a three-member panel convicted Amn. Mark Cline, 48th Communications Squadron, of charges of making and uttering checks without sufficient funds to Keesler Federal Credit Union, Nations Bank, the Army and Air Force Exchange Service and another airman. The panel found Cline not guilty of a charge of larceny and not guilty of making and uttering worthless checks to AAFES.

Cline was sentenced to reduction to E-1, forfeiture of \$600 pay per month for four months and confinement for four months.

Trial counsel for the case was Capt. Edwin Daniel Jr., deputy staff judge advocate, assisted by paralegal SSgt. Terele Kincade.

Capt. Edward Damico, area defense counsel, countered that Cline was a young airman, separated from his family, who had financial problems, which were compounded when accounting and finance took several months to correct a problem with his pay.

Cline, in an unsworn statement, told the panel members that he knew at the time he wrote the checks to AAFES and Keesler that there was no money in his account, but that he thought with payday coming, the funds would be there before the checks were cashed.

March is Women's History Month



Amelia Bloomer

Amelia Bloomer began publishing the "Lily," a woman's newspaper that was probably the first to be edited entirely by a woman, in 1849. The "Lily" concerned itself primarily with temperance, suffrage and women's rights, including dress reform. Bloomer became a defender of the "Turkish trouser" costume, full-cut pantaloons worn under a short skirt, and her name was forever linked to the garment.

Women's History Month activities

☐ There is a brown-bag luncheon from noon - 1 p.m. Thursday in the RAF Mildenhall Family Support Center. The topic is women in the workplace.

☐ A women's self-defense class is from 10 a.m. - noon March 22 in the Bob Hope Community Activity Center. To sign up, call SSgt. Damon Bridges at (01638) 542461.

☐ The community activities center sponsors a women's history quiz March 24 - 28. Entry is free and open to everyone. For details, call Ext. 2221.

☐ There is a Women's History Month luncheon from 11:30 a.m. - 1 p.m. March 27 in the officers' club. Tickets are available through squadron first sergeants until March 21. For tickets after that date or for more information, call Capt. Lorraine McKay at Ext. 6389 or SSgt. Jennifer Johnson at Ext. 2235.



Photo by Capt. Patrick Ryder

Sing it loud!

MSgt. Terry Taylor, USAFE Galaxy Band, sings to members of the Brandon Tuesday Club at the Brandon Community Center Tuesday. Galaxy also entertained school children at RAFs Lakenheath and Feltwell this week during their United Kingdom tour.



5 Mirage 2000D visit Lakenheath

Five French Air Force Mirage 2000D air-to-ground variants visit RAF Lakenheath Tuesday through March 27 as part of a goodwill exchange. They're coming to practice tactics and training and will be mainly flying during the day, according to wing officials.

Supplemental board is May 12

The next senior master sergeant and chief master sergeant supplemental promotion board is May 12.

The suspense date for requests is April 7. Late requests will be held for the September board. Senior NCO selection record contents must be verified to make sure the data was not previously considered before requesting supplemental consideration. Verify data by calling HQ AFPC/DPPBR2 at DSN 487-5241.

For more information, call DSN 487-2107.

OPSEC not a concern for some

Everyone needs to be alert to operations security lapses to prevent leaks of sensitive information, especially in today's high-tech society.

"A major concern is the disregard for the vulnerability of open phone lines," said Capt. Lisa Eastland, wing readiness office. "Compromises can happen though the release of small bits of information which can be collected and analyzed to reveal an entire operation."

Another way of learning about wing actions is through computers.

"Good operations security dictates protection of sensitive information related to computer security vulnerabilities from unnecessary dissemination," Eastland said. "If we let our adversaries know where our systems are weak, they can use that knowledge to gain entry into our computers and help themselves to all the information located there."

For more information about operations security and what individuals can do to keep security strong, call Ext. 2659.

Exercise tests wing's capabilities

The 48th Fighter Wing is practicing for an evaluation this week.

The practice is Thursday. The wing will generate aircraft for a one-day exercise preparing for the surety special assistance visit June 16 - 20. The goal of the evaluation is to demonstrate the wing's ability to comply with Air Force Instruction 90-210,

USAFE Surety Inspection Program. For more information, call Ext. 3509.

Revised PFE and AFSE study guides to be distributed

Revised editions of the promotion fitness examination and Air Force supervisory examination study guides are being distributed to all locations worldwide. They should be at RAF Lakenheath by April 30.

Both volumes have an effective date of July 1 and will be required study references beginning with the September testing cycles for chief master sergeant and senior master sergeant. Volume I will be the required study reference for the master, technical and staff sergeant promotions cycles testing January through June 1998. The July 1, 1995 edition remains the required study reference for all 1997 calendar year testing cycles for promotion to master, technical and staff sergeants.

For more information, call DSN 487-4075 or electronically mail to pfesg@mail.omsq.af.mil. For information on how these publications affect promotion testing, call DSN 487-2265 or e-mail rushr@hq.afpc.af.mil.

Survey 'takes the pulse' of community activities

The Air Force is distributing the latest community-needs assessment sponsored by family support centers, the family advocacy program and by child development and youth programs.

Data gathered from this 12-page survey helps these organizations "take the pulse" of the community regarding many family and community issues. Armed with this information, the agencies can better meet the needs of military people and their families.

More than 2,000 RAF Lakenheath service members and their spouses have been randomly selected to participate in this survey.

Recipients are encouraged to participate. Their comments can influence family services and related support activities here and throughout the Air Force.

Results of previous needs assessments in 1993 and 1995-96 have been used to design new services and improve existing programs. Community agencies used survey information to adjust their programs to the changing needs of the local population.

For more information, call the family support center at Ext. 3847.

Power outage at Croughton

There is a power outage at RAF Croughton from 10 a.m. - 7 p.m. April 6. All AAFES facilities will be closed.

Housing office closed

The housing office will be closed today, Monday and Tuesday for refurbishing. Emergency temporary living allowance services is provided in Bldg. 966. For more information, call Ext. 2749.

Liberty Warrior

"Can do" person of the week



Photo by SSgt. Valerie Weaver

SSgt. Christopher Carlson

48th Contracting Squadron

Hometown: Owensville, Ohio

Time in service: 14 years

Time on station: Nine months

Role in mission: As a contract administrator and negotiator, I work with the communication squadrons at RAFs Lakenheath and Mildenhall to maintain small computers and land-mobile radios. I also work with the squadrons and British Telecom to provide telephone services.

Hobbies: Reading, computers, sports, landscaping and history.

Where do you see yourself in 10 years? Retired and working as a purchasing manager.

What would you do to make things better at RAF Lakenheath? I would work to improve the housing situation, either through leased housing or new units.

What is your greatest achievement? Completing my bachelor's degree

Why did you join the Air Force? To serve my country, plus the travel and education opportunities

Who is your role model and why? My father. He taught me about the satisfaction that comes from hard work and giving a task your complete attention.

What do you like best about the Air Force? The ability to travel and experience different cultures.

Proceeds of ESC bazaar go back to community

This year's bazaar expected to raise nearly \$20,000

By SSgt. Christopher Haug
Public affairs

More than 100 vendors will display their goods for sale at a spring bazaar this weekend at RAF Lakenheath in Hangar 6. The RAF Lakenheath Enlisted Spouses Club sponsors the bazaar.

The bazaar is open from 3:30 - 7 p.m. for military identification card holders. It's open to the public from 10 a.m. - 6 p.m. Saturday and 10 a.m. - 5 p.m. Sunday. Vendors will sell crafts, lace, wine, pottery, clothes, antiques, furniture, paintings and food.

Food booths and games will be outside the hangar. In addition the USAF band performs inside the hangar this afternoon.

Seventy percent of the proceeds from the bazaar will benefit base units and local charities like the Thetford Blind Association, Brooklands Home in Bury St. Edmunds, Childhood Cancer Organization for Parents and Relatives Support, Lakenheath Village Over 60s Club and more.

Most vendors will accept sterling, dollars, sterling checks and some credit cards. Many vendors are not accepting dollar checks. The bank will be open to cash checks at the bazaar from 1 - 5 p.m. Sunday.

The enlisted spouses club began in 1957 and is made up of two sides — a philanthropic side and a business and social side.

The ESC sponsors a variety of fund-raisers throughout the year. Seventy percent of the proceeds goes to the philanthropic account and 30 percent to the business and social accounts. Fund-raisers include the thrift shop, bingo at the Liberty Club, bagging at the base exchange, a golf



Photo by SSgt. Steve Ball

Members of the RAF Lakenheath Enlisted Spouses Club bazaar committee.

tournament, bake sales and other miscellaneous events.

The bazaar is the largest fund raiser for the club. Some of the base community beneficiaries are: the high school scholarships program, educational programs at all levels, Reading is Fundamental, the Drug Abuse Resistance and Education program and Fire Prevention Week. The club also supports chapel youth groups, Girl Scouts, Boy Scouts, Good Sam, the quarterly and annual 48th Fighter Wing award winners, American Red Cross, family support, family services and family advocacy.

Stateside, they support the Enlisted Widows Home and Fisher House.

Another program that started in the 50s is

the annual Lakenheath Over 60s Club Christmas party held at the Liberty Club. Members from The Lakenheath Village Over 60s Club come to the Liberty Club for a traditional Christmas dinner. Both the ESC members and Liberty Club staff sponsor this event. Each guest receives a care package and a hug as they leave. They also invite the same group over for a picnic during the summer.

The ESC meets the third Monday of each month at 7 p.m. in the Liberty Club ballroom. They meet on the second Monday if the third falls on a holiday.

Due to the bazaar, the club's next meeting is 7 p.m. April 21. Enlisted active duty, spouses and retirees are eligible to join. Call Kim Milcarek at (01638) 714871 for details.

ESC bazaar hours

The enlisted spouses club bazaar is open from 3:30 - 7 p.m. Friday for military identification card holders only. The bazaar is open to the public from 10 a.m. - 6 p.m. Saturday and 10 a.m. - 5 p.m. Sunday. Bank hours at the bazaar are 1 - 5 p.m. Sunday. For more information, call (01638) 532319.

ESC manages thrift shop/giveaway exchange

The enlisted spouses club manages the thrift shop and the giveaway exchange.

The thrift shop is open from 10 a.m. - 2 p.m. Mondays, Wednesdays and Fridays. Consignments are taken from 10 a.m. - 12:45 p.m. After fog delays, the shop opens at 11 a.m. For more information, call Ext. 2987.

The giveaway exchange is open from noon - 2 p.m. Mondays and 10 a.m. - 2 p.m. Wednesdays and Fridays. For more information, call Ext. 2140.

Both shops are closed today for the enlisted spouses club bazaar and March 28 for Good Friday.

SPECIAL 'JET 48' GUIDE TO PCSing



Key to successful PCS: **START EARLY**

Inside:

- ☐ General information to help make a PCS move easier
- ☐ Tips for shipping your personal vehicle
- ☐ Countdown checklist to moving day

SSgt. Rickey Sweatt (right), traffic management office quality inspector, briefs Lt. Col. William Gillespie, 48th Dental Squadron, on his moving entitlements.

Photo by SSgt. Steve Ball

Starting early, asking questions keys to a successful PCS move

By Brent Ruddell
"Jet 48" correspondent

With spring and summer approaching comes a bustling season of another kind for many Air Force families — a permanent change of station.

And for those families who've received orders to military installations in the continental United States or other overseas areas, getting ready now can mean a less stressful move in the peak PCS months of June through August, according to traffic management office officials.

The first step after getting your orders is a visit to TMO, according to SSgt. Tim Leonard, NCO in charge of the TMO personal property sub office.

"We really want people to come in as soon as they get their orders so we can get started working the dates for them," Leonard said. "We would prefer people (who have PCS orders in hand) to visit us rather than to call. We can provide better service that way."

The TMO sub office is located in Bldg. 1037 across the street from Donutland. Hours are 8 a.m. - 4 p.m. Mondays, Tuesdays, Thursdays and Fridays and 8 a.m. - 3 p.m. Wednesdays. Anyone who needs immediate help, however, can call the office at Ext. 1849.

Leonard warned against procrastination in contacting his office prior to a PCS. "We get people who come in who've already had their orders for a month," Leonard said. "The first item listed on the back of their orders is

'Contact TMO immediately on receipt of these orders.' Ideally, we would like to talk to them 30 days prior to the pick-up of their personal property. We do understand that orders don't always make it in the time frames that we would like."

Leonard strongly suggests anyone preparing for a move should attend the "PCS With Ease" program sponsored by the family support center.

"I think it's beneficial," Leonard said. "They offer a lot of good information."

"PCS With Ease" is usually offered the first Wednesday of every month according to Leonard. But, with the traffic-heavy PCS season approaching, family support has added extra briefings, he said. Subjects covered in this program include household claims, dealing with the stress of relocation and temporary lodging, among other things. For more information on this program, contact the family support center staff at Ext. 3847.

Shipping household goods

One of the most anxiety-filled activities of a PCS is the shipment of household goods. A little foresight and planning now can keep you from reaching for the antacids when moving day arrives. Some guidelines are:

- ☐ Ensure you're home between 8 a.m. - 5 p.m. on the day of the move. If you miss the movers, you can be charged for an attempted pick-up.
- ☐ Don't pack passports, birth certificates and other important documents with your household goods or unaccompanied baggage. Carry them with you.
- ☐ Don't ship valuable items or items with sentimental value. If you do ship valuable items such as jewelry, crystal, fine china, antique furniture, etc., have them professionally appraised before shipment. Members should contact the TMO staff prior to getting appraisal.
- ☐ Photograph or video tape your furniture and other valuables. This will serve as a visual record of the original condition of these items at the time of shipment in the case of theft or damage.
- ☐ Separate your belongings by shipment

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Signature		
Owner or authorized Agent		
Signature		

Make sure description
items are complete a

"The most important thing is to be proactive — don't wait. And if you're not sure of something, ask us."

SSgt. Tim Leonard
TMO personal property sub office



Andrea (left) and Rosalyn Gillespie prepare for the movers by removing the pedals on their bicycles.

Photo by SSgt. Steve Ball



Photo by SSgt. Steve Ball
of major household
and accurate.

before the movers arrive. This way, household goods won't be accidentally shipped with unaccompanied baggage. Put items you don't want shipped in a locked room.

□ Make sure inventory stickers from previous moves are removed from furniture and other items.

One of the most important documents in a PCS is the description inventory of household items being shipped. Take care in ensuring all proper information is included on this form. Some of the guidelines to follow regarding inventory of household goods are:

□ Carefully read your inventory before signing. Ensure all items in boxes and all items not placed in boxes are listed on the form.

□ Make sure descriptions of major household items are complete and accurate. For example, if the packer lists "color TV," have them document the serial number, size, make and model.

□ Before you sign the description inventory, make sure you completely understand and agree with all descriptive, exception and location symbols. Make sure you receive a legible copy of everything signed. Never sign a blank or incomplete form, or a form you don't understand clearly.

"Once you sign the paper work and the movers leave, we're very limited in what we can do," Leonard stressed. "It's easiest to deal with the problem while it's there and not later."

Above all, Leonard emphasized the importance of not arguing with the carrier's representative. If a problem arises, said Leonard, immediately contact TMO's quality control office at (01638) 542510.

"It's important you contact the quality control section while the carrier is still there — while the problem is being addressed," he said. "If there is a problem, call the quality control section and they will get an inspector out there. If they can't get an inspector out there, they will at least talk to the carrier agent over the phone."

Getting ready for a PCS can be an experience in high anxiety. The important thing is to start planning now according to Leonard.

"The most important thing is to be proactive — don't wait," the sergeant stressed. "And if you're not sure of something, ask us."



Photo by SSgt. Steve Ball

Will Gillespie III scrubs the tires on his family's car prior to shipment.

Tips for shipping your POV

Another area of concern regarding a permanent change of station move is the shipping of a privately owned vehicle and procedures have changed regarding the shipment of POV's.

Now military members are required to fill out an application worksheet prior to POV shipment. The vehicle processing center in Ipswich now requires exporting vehicle owners to contact them for an appointment for POV shipping. To make an appointment, call the vehicle processing center at (01473) 242133, 8 a.m. - 4 p.m. weekdays.

When people arrive at the port, they should have with them:

- Six copies of their PCS orders with amendments if issued.
- A valid identification card.
- A 3rd Air Force Form 430, the pink vehicle registration form.
- A power of attorney if anyone other than you or your spouse is turning in your POV for shipment or picking up the vehicle.
- Copy of DD Form 1131 or DD Form 139 for POV shipments made at excess cost. An example of this would be shipment of a POV to an alternate port, or a shipment of an oversized vehicle.
- If the POV's vehicle identification number doesn't begin with a "1" or a "4," the vehicle is considered to be of foreign manufacture. In this case, you are required to show proof the POV was in the United States at one time. This can be done by

providing an old DD 788, a bill of sale from the dealership, old registration or title, or letter of authority to ship an approved replacement privately owned vehicle.

Anyone shipping a POV is required to have their vehicle meet certain standards before shipping. General guidelines for POV processing are:

- The POV must be in a safe operating condition.
- The POV's interior and exterior should be clean.
- Empty the glove compartment.
- Have one complete set of keys for all locks.
- Have available the make, model, year and serial number of POV.
- Be ready to provide the vehicle processing center staff with an address at your next duty station.
- Remove items such as flares, oil, wax, paint, solvents and polishes from POV's. Some items that can be left in POV's are vehicular tools such as jacks, tire irons and chains, fire extinguishers, jumper cables and hand tools including wrenches, pliers, screwdrivers, etc.

A terminal inspector will then conduct a joint POV inspection with you. After the inspection both parties sign the DD Form 788, Private Vehicle Shipping Document. You will get a copy of this form as a receipt. Carry this copy with you to your new duty station. This form will be needed if you wish to file a claim because of loss or damage during shipping.

Countdown to moving day

As soon as people receive orders

- ☐ Visit the traffic management office at Bldg. 1037 (across the street from Donutland) and schedule a counseling session.
- ☐ Begin arrangements for shipping the family pet.
- ☐ Homeowners begin preparations to sell or rent home.
- ☐ Renters notify landlord as required by lease.
- ☐ Government housing occupants visit the housing office in Bldg. 965 to schedule pre-move and final housing inspections. Call Ext. 1840 for information.
- ☐ Make reservations at the billeting office by calling Ext. 6713
- ☐ Plan to attend the next "PCS With Ease" class at the family support center. Anyone with questions can call family support at Ext. 3847.

12 weeks before the move

- ☐ Make an inventory of possessions and valuables. Photograph or video tape. Have valuable items appraised.
- ☐ Organize personal records, such as birth certificates, insurance papers, warranties, etc.
- ☐ Make a list of whom to notify about your move and provide forwarding address as required.
- ☐ Sort items to give away or sell.
- ☐ Ensure stickers from previous moves have been removed.

8 weeks before the move

- ☐ Stop by the furnishing management office at RAF Feltwell to set up time for temporary furniture delivery. Call Ext. 7029 for information.
- ☐ Contact insurance companies concerning auto, home and household goods. Find out about coverage on your possessions in transit and storage and about high-value items.

4 weeks before the move

- ☐ Get change of address cards from post office. Make sure sponsor gets a post office box for you at the new base. Send sponsor a copy of your orders.

PCS with Ease

The next "PCS with Ease" briefing is 1 p.m. April 2 in the family support center. For more information, contact the family support center staff at Ext. 3847.

- ☐ Inform British Telecom to disconnect service.
- ☐ Inform cable television company about disconnecting service.
- ☐ Haul castaways to local thrift shop or charitable organizations.
- ☐ Notify schools. Arrange pick up of records.
- ☐ Ensure family members are properly listed on DEERS and enrolled in the Dependents Dental Plan. Call the military personnel flight at Ext. 1845 for details.

3 weeks before the move

- ☐ Begin separating items for household goods shipment or unaccompanied baggage shipment. Separate items to hand carry.
- ☐ Inform electricity and gas boards about disconnecting service.

2 weeks before the move

- ☐ Return library books and other borrowed items.
- ☐ Retrieve all loaned-out items.
- ☐ Have drapes, curtains and rugs cleaned.
- ☐ Separate professional books, papers and equipment. These items will be weighed and listed separately on shipping inventory.

1 week before the move

- ☐ Pull out items from beneath stairways, from attics or other areas that don't allow full standing room.
- ☐ Remove all accessories such as drapery rods, small appliances, food and utensil racks.
- ☐ Disassemble electronic components and place them in original packing boxes if available.
- ☐ Drain oil and gas from lawn mower and other equipment.
- ☐ Thoroughly clean barbecue grill.
- ☐ Make child-care arrangements for moving day.
- ☐ Get a "no claims" letter from your local insurance agent. This may save you money when applying for insurance in the United States.

Moving day

- ☐ Make sure cash, jewelry, important documents and other valuable items are secure. Lock them in your car.
- ☐ Ensure conditions of belongings are accurately noted on the inventory. If anything marked "scratched," "dented" or "soiled," also note location of such.
- ☐ Call the TMO staff at Ext. 1849 if problems or questions arise.



Photo by SSgt. Steve Ball

Paul Hughes, a contracted mover, prepares to pack up a crate.

Before you leave

Before leaving the United Kingdom, certain British agencies will need to be contacted to cancel various services. These services include:

- ☐ Rental agreement. Check your contract to see how much notice a landlord or rental agency require. Most of them ask for 30-days notice to advertise the property.
- ☐ Utility companies. Contact all utilities companies (electric, gas, water, telephone, etc.) to inquire about moving notification and billing procedures.
- ☐ Credit cards. If you have British store or company credit cards, contact them as soon as you know your moving date so you can arrange final payment and cancellation of your account.
- ☐ Bank. If you have a British bank account, close it and be sure to cancel standing orders for any regular bills you pay.
- ☐ Subscriptions. Change your address for continued payment, or cancel subscriptions in book and record clubs, mail order companies, periodicals, etc.
- ☐ British schools. If your children attend a British school, contact the headmaster as soon as you know your departure date. This will ensure the appropriate records are available to you if you wish to transfer them to the next school.
- ☐ Dry cleaners. Make sure you don't leave any clothing items at the local dry cleaners.

Help is always welcome!!

By Linda Laws
Community relations advisor

Can't you just smell spring in the air? White snowdrops are giving way to bright yellow daffodils and purple, yellow and white crocuses, and soon the cherry blossoms will be on the trees. We hope those cold days of winter are gone and that sunny days (yes, we do get sunshine here) are around the corner.

The better weather will bring more people out of their homes, and will also bring out collectors for all kinds of charitable activities and events onto our streets in the hope of raising much-needed money for worthy causes.

The picture on this page got me thinking about the many ways in which base people contribute to community organisations and the difference this help can make to so many people. There is not one week that goes by without at least one letter arriving in my office asking for help in some form or other.

They range from a plea for manpower on a self-help project to an ambitious request for an enormous monetary donation.

They are passed on to base agencies for consideration and action. If you would like to contribute as an individual, I can give you details of a number of current projects.

There are other ways in which to get involved with projects, too.

Comic Relief or Red Nose Day

You may have noticed on your way to work this morning people sporting red noses (which are very uncomfortable after a while) and wondered why. You will even see the noses on the fronts of cars. Well, it's in aid of Comic Relief to raise money for charities in Africa and Britain. The initiative started around the time Bob Geldorf engaged on his massive task of feeding the world. The idea is to pay to have a laugh, and groups will think up all kinds of ideas to raise money. Last Saturday, shoppers in Bury St. Edmunds were asked to pay for a kiss from one such group. Judging by their bucket, it seemed to



For more information about living in Britain, call me at Ext. 3145.

be working. Also, while driving through a tiny village at the weekend, I was confronted – in the middle of the road – by a group of children from a local riding school on their ponies dressed up as clowns. They were also raising money for this organisation. How could I drive by?

Daffodil Day

The Marie Curie Cancer Care Daffodil Day is Saturday and silk daffodils will be on sale as part of the charity's campaign to raise more than £35,000 in Suffolk. Marie Curie nurses provide respite care 24 hours a day, 365 days a year, free of charge.

London Marathon

Many individuals and groups running in the April London Marathon will be doing so to raise funds for their nominated charity. So if you have a British neighbour or friend running, please try to support them.

University Rag Weeks

In a few weeks, you will see even stranger happenings on the streets, when students from local universities will be out raising funds – and I can tell you, they think of some pretty wacky ideas in an effort to be different. It would not be unusual to come across a group pushing their friends along on a four-poster bed. This is quite a disconcerting experience if you happen to be sitting in a traffic queue minding your own business.

Lambing weekend

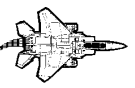
Springtime is lambing time and some of the local farms will open their doors to allow the public to see the ewes with their tiny lambs. One such farm is Wimpole Home Farm which is eight miles southwest of Cambridge off the A603. The farm is open this weekend from 10:30 a.m. - 5 p.m. Also, some of the rooms in Wimpole Hall will be open but still in their winter conservation covers. Wimpole Hall is a National Trust property which opens to the public during the summer months.



Photo by SrA. Grace Hunt

Look where you can help

Mike Goodhand, the British Red Cross Director of International Development for the United Kingdom, explains the hardships faced by refugees in Rwanda to pupils at the RAF Lakenheath Elementary School. The students are planning fund raisers to raise money for the refugees. To contribute or for more information, call Ext. 2297.



Orthodox church services

The Orthodox church services for Lent include:

- ☐ Great Vespers – 6 p.m. Saturday
- ☐ First Sunday of Lent, Sunday of Orthodoxy – 9:30 a.m. Sunday
- ☐ Vespers and pre-sanctified liturgy – 7 p.m. Wednesday
- ☐ Great Vespers – 6 p.m. March 22
- ☐ Second Sunday of Lent, St. Gregory Palamas – 9:30 a.m. March 23
- ☐ Vespers and pre-sanctified liturgy – 7 p.m. March 26

Services are at St. John De Sepulchre Church, Ber Street, Norwich. For more information, call Rev. Patrick Hodson at (01362) 6993397.

Veterans benefits

A veterans benefits information briefing is 1:30 - 3:30 p.m. March 24 in the base chapel. The briefing is open to anyone interested in learning about their Veterans Administration benefits and entitlements. For more information, call Ext. 3847.

Children's group

The family advocacy program is starting a group for children who have been impacted by family violence. For more information, call Julia Thacker at Ext. 2409.

Blood drives

The blood donor center sponsors a blood drive Thursday. For more information or to make an appointment, call Ext. 6524.

Codependency meeting

A new codependency anonymous group meets at 7 p.m. Wednesdays in the social actions building. For more information, call

Chap. (Capt.) Scott Ofsdahl at Ext. 3711.

Health-and-wellness center

The health-and-wellness center sponsors a shoulder-disorder class from 3 - 4 p.m. March 21 in the center. The class covers common causes of shoulder pain and ways to prevent and recover from disorders. For more information, call Ext. 2710.

Roll the Stone Away

Reflections presents an Easter drama at 7 p.m. March 22 in the Breckland Middle School Auditorium, Crown Street, Brandon. "Roll the stone away" is free. Donations of dry or canned goods are accepted. For more information, call (01842) 827546 or (01842) 814007.

Scholarships

☐ The community scholarship association accepts applications for vocational-school and college-bound high-school seniors and graduating family members attending British schools. Selection is based on student grades, ACT/SAT scores, course-load difficulty, extracurricular activities, goals and ambitions. Application deadline is today. For more information, call (01638) 533191.

Long-term parking lot

The long-term parking lot at RAF Mildenhall is closed now. People should move their cars by today for a construction project. An interim parking lot is set up across from the softball field in front of the recycling center. For more information, call SSgt. Glenn Languirand at 89-2060.

Embry-Riddle

Registration for Term IV at Embry-Riddle Aeronautical University begins Monday and

classes begin March 31. The university offers a bachelors degree in Professional Aeronautics and a masters degree in Aeronautical Science. People with a seven-level in an aeronautical-related career field could earn up to 45 hours of credit towards bachelors' degrees. Weapons systems officers, F-15 pilots and maintenance officers can earn up to 12 hours towards a masters degree. For more information, call Susan Ferguson at Ext. 2464.

Central Texas College

Term IV schedules are available at Central Texas College and registration begins Monday. For more information, call Karla Akin at Ext. 3177. Office hours are 8 a.m. - 4:30 p.m. Mondays - Thursdays.

University of Oklahoma

The University of Oklahoma sponsors the graduate-level course Career Development: Organizational and Individual Approaches, April 29 - May 4. Students may enroll until March 28.

The university also offers a 34-hour non-thesis Master of Human Relations Degree. For more information, call Barbara Lamont at Ext. 3125.

City Colleges of Chicago

City Colleges of Chicago offers more than 40 video courses in general subjects including biology, history, social sciences, math and English. For more information, call Pam Reinhard at Ext. 3825 between 8:30 a.m. - 4:30 p.m. Mondays, Tuesdays, Thursdays and Fridays.

Musicians needed

The RAF Molesworth chapel seeks musicians for the Protestant chapel program. For more information, call DSN 268-3343.

Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or stop by Bldg. 692. All classes are held in the family support center unless otherwise noted.

New hours

The family services area hours have been lowered due to low manning. People who need to pick up items should do so between 10 a.m. and 4:30 p.m.

Career Café

The Career Café, a series of lunch-time seminars to sharpen job-search skills, is 11:30 a.m. - 1:30 p.m. today in

the family support center. This session concentrates on preparing United Kingdom resumes and application cover letters. The next session is from 11 a.m. - 1 p.m. March 21 and focuses on interviewing and dressing for the job-hunt process.

Seminar canceled

The "Working in the United Kingdom" seminar slated for March 31 has been canceled.

Transition assistance

A three-and-a-half-day transition assistance seminar is from 1 - 5 p.m. Monday and from 8:30 - 5 p.m. Tuesday, Wednesday and Thursday in the conference room. The seminar provides training in job-search skills to assist military members and fami-

lies transitioning from military to civilian careers.

Children's behavior

A managing children's behavior seminar is 6 - 8 p.m. Tuesday in the conference room. Learn practical methods of managing young children's behaviors using a positive approach as a parent, caregiver or home-daycare provider.

Out of hock

An out of hock seminar is 2 - 4 p.m. Tuesday in the small conference room. The seminar helps participants identify, control and reduce their current debts.

Teen life

A teen-life group meets from 5:30 - 6:30 p.m. March 21 at the youth center. The group promotes personal development and effective coping skills among teenagers.

Information briefing

A newcomers briefing is 8 - 11:30 a.m. Tuesday at the base theater.

Second language

An English-as-a-second-language class meets from 6 - 8 p.m. Wednesdays and from 6 - 9 p.m. Thursdays in the small conference room. The instructor teaches conversational English as well as American social customs and traditions.

Hearts Apart

The Hearts Apart support group meets from 9 - 10 a.m. Fridays at the base chapel. While adults are in Hearts Apart, the children attend Little Hearts Apart, a three-hour program designed for children with a deployed parent.

What's on at Services

Friday – March 14	Saturday – March 15	Sunday – March 16
<ul style="list-style-type: none"> □ Opening night of “I Hate Hamlet” at the community activity center. (Ext. 2223) □ A St. Patrick’s Day membership party begins at 7 p.m. at the Liberty Club. (Ext. 3869) □ A St. Patrick’s Day “TGI Friday” buffet begins at 5:30 p.m. at officers’ club. (Ext. 2535) 	<ul style="list-style-type: none"> □ A St. Patrick’s Day Pot O’ Gold sweater bowling tournament begins at 7:30 p.m. (Ext. 2108) □ The youth computer club meets from 1 - 4 p.m. at the youth center. (Ext. 3180) □ Information, Tickets and Tours sponsors a trip at 9:30 a.m. to Lakeside Mall. (Ext. 2979) 	<ul style="list-style-type: none"> □ The USAFE men’s basketball championship game is at 1 p.m. at the fitness and sports center. (Ext. 3249) □ A “Patrick’s Peculiar Party” is 2 - 5 p.m. at the community activity center. (Ext. 2223) □ A family skate is 2 - 6 p.m. at the skating rink. (Ext. 1627)

Snack bar closed

The RAF Feltwell Activity Center snack bar is closed Monday - March 30. It reopens March 31 as La Roca’s Italian restaurant.

During the closure, the Feltwell Community Activities Center sells pizza, salads and sandwiches as well as prepackaged foods and drinks. For details, call Ext. 7022.

Position available

The 48th Services Squadron has a school-age-coordinator position available. Applicants must have a bachelor of arts or science degree which include a major study in child or youth development or related field, or a combination of education and experience. For details, call Ext. 3166.

Comedy show

A comedy show featuring Rob Brackenridge from the United States begins at 10 p.m. at the rod and gun club Saturday. Doors open at 8 p.m. Advanced tickets will not be sold. “Young Country” plays beginning at 8:30 p.m. For details, call Ext. 2368.



Menu

Knights Table

Today
Lunch: Salisbury steak, New England Cornish hens, baked fish
Dinner: beef yakisoba, pork schnitzel, Newport fried chicken

Saturday
Lunch: ginger pot roast, chicken tetrazzini
Dinner: steak with onions, El Rancho stew, teriyaki chicken

Sunday
Lunch: baked corned beef, ginger-basted cod
Dinner: baked chicken and rice, roast pork, fish and chips

Monday
Lunch: beef balls stroganoff, tuna-cheese macaroni, Szechwan beef
Dinner: baked stuffed pork chops, hot-and-spicy chicken, vegetarian stuffed peppers

Tuesday
Lunch: braised beef and noodles, jaegerschnitzel, Creole shrimp
Dinner: Country-style steak, spaghetti with meat sauce, herbed spinach bake

Wednesday
Lunch: Southern-fried catfish fillet, barbecued spareribs, Southern-fried chicken
Dinner: turkey stir fry, breaded liver with onions, meat loaf

Thursday
Lunch: vegetarian yakisoba, sweet-and-sour pork chops, baked fish with garlic butter
Customer appreciation dinner: grilled steak, shrimp scampi, herbed Cornish hens

Pot O’ Gold tournament

A St. Patrick’s Day Pot O’ Gold bowling tournament is at 7:30 p.m. Saturday. Entry fee is \$20 per person with prizes awarded. Call Ext. 2108 for more information.

Library lecture series

The library sponsors the second in a series of six lectures from noon - 1 p.m. today. Ben Wright speaks on “The Wisdom of Lady Rognal, the Loathsome Hag,” or “What a Woman Wants.” Call Ext. 3713 for details.

Patrick’s Peculiar Party

The community activity center sponsors a “Patrick’s Peculiar Party” from 2 - 5 p.m. Sunday. The event is free. For details, call Ext. 2221.

Tickets on sale

Tickets are on sale for all performances of “I Hate Hamlet” at the community activities center. Dates for performances are today, Saturday, March 21, 22 and 23. Prices for evening performance are \$25 per couple or \$15 per single and include dinner. Cost for the Sunday matinee is \$6. Stop by the center to purchase tickets or call Ext. 2221 for more information.

Auto crafts center special

The auto crafts center offers a minor engine tune-up special for \$12.50 that includes plugs, points and condensers. Call Ext. 2454 for details.

March specials

Equipment rentals and the Pedaler Bike Shop continue their March specials. They offer 10 percent off all bike clothing and video camera rental specials. Call Ext. 2146 for more details.

Women’s History Quiz

The community activity center sponsors a women’s history quiz March 24 - 28. It’s free and open to everyone. For details, call Ext. 2221.

Story time

Children’s story time is 10 - 11 a.m. March 25 at the library. There is no cost for this program. Sign up by calling Ext. 3713.

At the movies

RAF Lakenheath

Friday

7 p.m. – “Ghosts of Mississippi” (PG-13) Starring Alec Baldwin and Whoopi Goldberg. A dramatization of the events surrounding the 1960s murder of civil-rights worker Medgar Evers. A Mississippi lawyer’s determination finally brings the killer to justice 30 years later.

9:30 p.m. – “My Fellow Americans” (PG-13) Starring Jack Lemmon, James Lemmon and James Garner. Two ex-presidents are thrust together on a cross-country trip evading pursuers, while trying to investigate a scandal about the current president.

Saturday

7 p.m. – “Beavis and Butthead Do America” (PG-13) The boys discover their precious television set has been stolen. In search of it, they find themselves on a trek across America.

9:30 p.m. – “Jerry Maguire” (R) Starring Tom Cruise and Cuba Gooding, Jr. A sports agent is tossed out into the cold after he composes a “mission statement” suggesting that the company could give more personal attention to fewer clients.

Sunday

4 p.m. – “One Fine Day” (PG) Starring Michelle Pfeiffer and George Clooney. Two single parents facing crucial career events find themselves stuck with their children for the day.

7 p.m. – “Beavis and Butthead Do America” (PG-13)

Monday

7 p.m. – “Beavis and Butthead Do America” (PG-13)

Tuesday

7 p.m. – “Jerry Maguire” (R)

Wednesday

7 p.m. – “Jerry Maguire” (R)

Thursday

7 p.m. – “One Fine Day” (PG)

Mar. 21

7 p.m. – “One Fine Day” (PG)

9:30 p.m. – “Jerry Maguire” (R)

RAF Mildenhall

Friday

7 p.m. – “Michael” (PG) Starring John Travolta and William Hurt. An angel with a mission on earth doesn’t let that get in the way of having fun during his assignment in human form.

9:30 p.m. – “First Strike” (PG-13) Starring Jackie Chan. A Hong Kong super cop is contracted by the CIA and a Russian intelligence agency to retrieve a stolen nuclear warhead and eliminate a nuclear-arms smuggling ring.

Saturday

7 p.m. – “Michael” (PG)

Sunday

7 p.m. – “First Strike” (PG-13)

Monday

7 p.m. – “Michael” (PG)

Tuesday

7 p.m. – “Michael” (PG)

Wednesday

7 p.m. – “First Strike” (PG-13)

Thursday

7 p.m. – “High School High” (PG-13) Starring Jon Lovitz and Tia Carrera. A teacher leaves his position at a private school to teach at an inner-city school. The school is a battleground with it’s own cemetery.

Mar. 21

7 p.m. – “Space Jam” (PG) Starring Michael Jordan and Bugs Bunny. Jordan helps cartoon characters win a basketball game against a team from outer space.

9:30 p.m. – “Set It Off” (R) Starring Jada Pinkett and Queen Latifah. Four women develop a plan to break out of the hood and find they can’t buy freedom.

USAFE championships



Photo by A1C Robert H. Gerlach

Knocked away

Incirlik's Fantonion Adams (7) knocks the ball away from Lakenheath's Garth Reynolds (33) Wednesday during opening-day action of the USAFE men's basketball championships. Lakenheath won the game 78 - 70. The championships game is 1 p.m. Sunday at the sports and fitness center.

Sports Shorts

Hockey events

The 3rd Air Force varsity ice hockey team plays at the Peterborough Ice Rink several times in March. The Jets play against the Geillkirchen Canadian Air Force Team at 4:30 p.m. Saturday and Sunday. The Jets play the Nottingham Oak Leafs at 12:30 p.m. March 23. The final game of the month is at 12:30 p.m. March 29 against the British Division opponent, the Bracknell B-52s.

Admission for all games is free. For more information, call Ext. 1952 or the ice rink at (01733) 260222.

Soccer officials needed

People interested in officiating soccer should contact Scott Blake at Ext. 2447. The season begins in April and ends in the second week of June.

USAFE championships

The USAFE men's basketball championships continues this weekend. Varsity teams from RAF Lakenheath, RAF Mildenhall, Spangdahlem AB, Ramstein AB, Incirlik AB and Aviano AB participate. The championship game is at 1 p.m. Sunday. Call Ext. 3607 for more information.

Step classes

Step aerobics classes are from 7 - 8 p.m. Mondays, Tuesdays and Thursdays at the RAF Feltwell elementary school. For more information, call Ext. 5076.

Soccer registration

Registration for the youth spring soccer season continues through March 28. The league is for youth ages 5 - 18. Register at the youth center any time during operating hours or call Karl Pfoor at Ext. 3735 for details.

Traveling leagues

Tryouts for the traveling softball and baseball league for youth ages 13 - 18 are 9 a.m. - 4 p.m. Saturday and 1 - 6 p.m. Sunday at the RAF Feltwell fields. The tryouts consist of

practice and evaluations. For more information, call Karl Pfoor at Ext. 3735.

Coach certification

A soccer coaches certification clinic is Wednesday and Thursday at the youth center. This class is for first-level certification. A second-level certification clinic is March 26. All sessions begin at 5:30 p.m. Coaches must pre-register for the clinics. Call Karl Pfoor at Ext. 3735 for information.

Skating lessons

Registration for skating lessons are through Sunday at the skating rink. For details and price information, call Ext. 1627.

Coach recruitment

The fitness and sports center needs a varsity coach for men's softball. Submit a resume to the varsity director by April 15. For more information, call SrA. John Gill at Ext. 2391

Golf specials

The golf course offers a beginner package. The package includes three golf lessons, three rounds of golf, 10 range tokens, three rounds club rental and \$25 off a set of clubs.

In honor of Women's History Month, the golf course offers lessons for women for \$10 and half-price range balls. For more information, call Ext. 2223.

Aero club

The aero club offers a two-for-10 special through March. When members fly 10 hours in one month, they get two hours free. Call Ext. 3152 for details.

30-game offer

Liberty Lanes offers a "Winter Wonderful" 30-game punch card for \$25. The cards are valid until March 31 and may be used any time. Call Ext. 2108 for details.

Skating rink

The skating rink books birthday parties during regular skating sessions. The staff provides games, prizes and face painting for party members. For more information, call Ext. 1627.